

YouCanQuit2 Quit Plan

Kickstart your quit journey with the YouCanQuit2 Quit Plan: a mobile-first, app-like tool that helps Service members make their future tobacco free. The YouCanQuit2 Quit Plan is accessible using any browser and device, and it will show you step-by-step how to prepare to quit and help you accomplish your goals.

Create your Quit Plan today to:

- Set a quit date
- List your personal reasons to quit
- Monitor progress
- Log cravings and slips throughout your journey to see how you're doing and where you may need to adjust
- Celebrate successes and unlock achievements
- And much more!

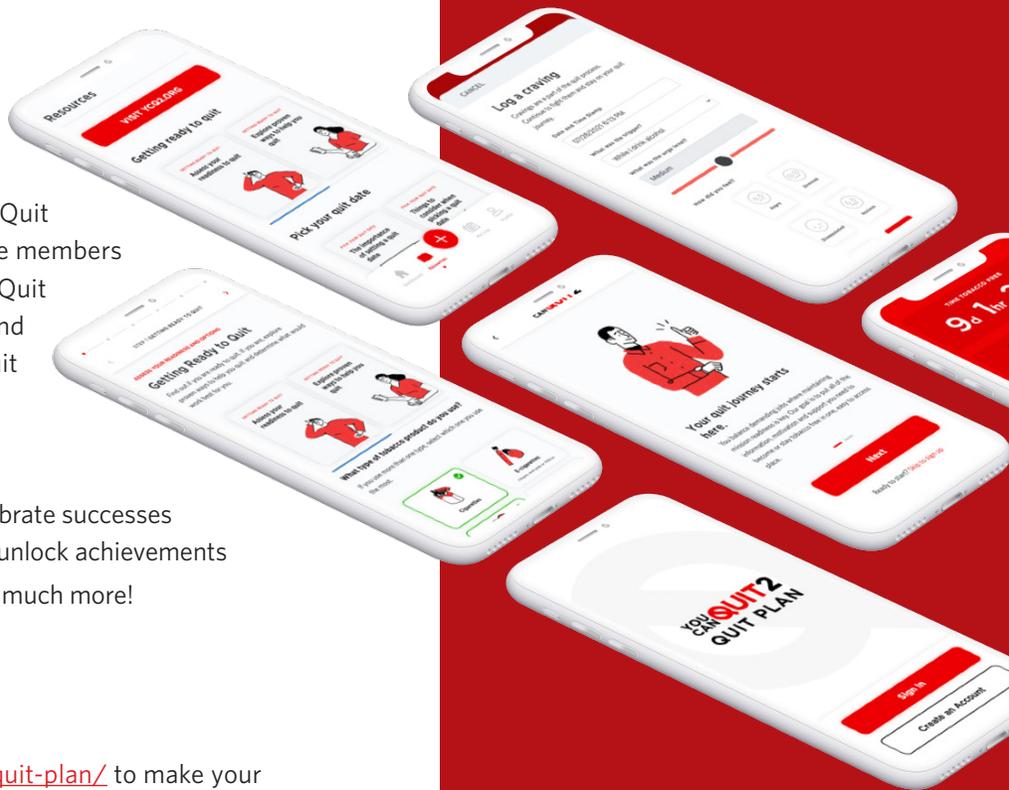
Visit <https://www.yc2.org/resources/making-a-quit-plan/> to make your quit plan and remember to refer to and update your plan throughout your quit journey.



U.S. Department of Defense



www.yc2.org



YOU CAN QUIT2

MAKE YOUR FUTURE
TOBACCO FREE